



Serves: 4-6

# Warm Beancurd Salad

## Ingredients

- 1 block of firm beancurd
- 8 red cherry tomatoes
- 1 stalk of celery, thinly diced
- 50g of cucumber, sliced diagonally
- 100g of baby spinach, washed and drained
- 4 quail eggs, cooked and shelled (optional)
- 1 head of butter lettuce

### Dressing:

- 6 tbsp of lime juice
- 30g of chili padi, finely chopped
- 30g of coriander leaves, chopped
- 30g of mint leaves, chopped
- 2 tbsp of brown sugar
- 2 tbsp of fish sauce\*

### Garnish:

- 10g of walnuts
- 30 g of chopped seeds/nuts of choice e.g. walnuts, almonds, toasted white sesame seeds)
- Fresh mint leaves

## Method

- Mix all the ingredients for the dressing together. Taste and adjust seasoning as required. Set aside.
- Cut the firm tofu into 8 squares and lightly pan fry until evenly brown on all sides and set aside.
- Slice the cherry tomatoes into halves and separate the lettuce into its individual leaves.
- Put tomatoes, celery, cucumber, baby spinach, quail eggs (optional), and lettuce leaves into a bowl. Pour the dressing into the salad and toss lightly.
- Garnish with a sprinkle of chopped nuts of your choice and toasted sesame seeds.
- Serve with dressing on the side. Go light on the dressing and add in a little at a time, tasting as you go.

### Tips:

- Add nuts and fruits in salads for additional crunch and variety.
- Nuts are good sources of vitamin E and other minerals such as potassium, iron, zinc, calcium, phosphorus, magnesium and selenium.
- Enjoy all foods in moderation.



\*Choose products with the Healthier Choice Symbol.

